

A technique is provided to restore a target object such as a volume, directory or a pre-defined collection of files to a particular time by restoring the last full backup embodying the backup target, the last computed cumulative backup embodying the backup target and

10 Aspects of system restore operations are monitored and analyzed so that in response, off-line management and selection of efficient sets of backup files can be performed to correct inefficiencies that may be detected and to efficiently tailor restore operations to the system characteristics and patterns. If an application has a condition of bounded restore time, a set of cumulative backups may be efficiently tailored to meet the condition of bounded restore time.